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## I claim:

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1. A bicycle frame comprising:

a central load bearing assembly comprising two spaced-apart frame elements maintained in spaced-apart relationship by a plurality of spacers;

a swingarm assembly having first and second ends, said first end being pivotably mounted on said central load bearing assembly at a first attachment point, said second end of said swingarm assembly having a rear wheel releasably secured thereon;

a headset mounted on said central load bearing assembly for supporting a steering and front fork assembly, said front fork assembly having a front wheel releasably mounted thereon; and

a crank bracket mounted between said two spaced-apart frame elements of said central load bearing assembly, said crank bracket being located offset from said first attachment point of said swingarm assembly, said crank bracket supporting a crank assembly.

- 2. The frame according to claim 1, wherein the two spaced-apart frame elements are interconnected by a spine, the spine being formed by folding a plate having opposed frame element patterns formed therein.
- 3. The frame according to claim 1, wherein the two spaced-apart frame elements are separate plate structures.
- 4. The frame according to any one of claims 1 to 3, wherein one or more additional plates elements are incorporated to provide additional strength to the central load bearing structure.
- 5. The frame according to any one of claims 1 to 3, wherein said headset is pivotable within the plane of said central load bearing assembly to allow said steering and front fork assembly to rotate between an operational position and a compact stowed position, said headset being lockable in either of said operational or stowed positions.

6. The frame according to any one of claims 1 to 3, wherein said swingarm

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assembly is detachable from said first attachment point.

- 7. The frame according to claim 6, wherein said central load bearing
  assembly further comprises a second attachment point for attachment of said
  swingarm assembly in a compact stowed configuration.
  - 8. The frame according to any one of claims 1 to 3, wherein said headset is positioned between said frame elements.

9. The frame according to any one of claims 1 to 3 further comprising a tail block mounted on said central load bearing assembly, said tail block supporting a seat assembly for a rider.

- 15 10. The frame according to claim 9, wherein said tail block is positioned between said frame elements.
  - 11. The frame according to any one of claims 1 to 3, wherein said crank bracket is of cylindrical configuration and positioned within corresponding apertures in said frame elements, said crank bracket being removeably retained by at least one circular clip.
  - 12. The frame according to claims 9, wherein said swingarm assembly has a suspension attachment means for attachment of a shock absorber spanning from said swingarm assembly to a suspension attachment means on said tail block or frame.
  - 13. The frame according to any one of claims 1 to 3, wherein said swingarm assembly is a single unitary structure.
  - 14. The frame according to any one of claims 1 to 3, wherein said swingarm assembly is of plate-frame construction comprising a plurality of components arranged to support a rear wheel thereon.

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The frame according to any one of claims 1 to 3, wherein swingarm 15. assembly is detachably and pivotally connected to said frame elements by means of a pin and circular clip received in corresponding bores within said swingarm assembly and said frame elements.

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The frame according to any one of claims 1 to 3, wherein said spacers 16. are held in place by threaded fasteners or weldments.

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The frame according to any one of claims 1 to 3, wherein operational 17. elements added between said frame elements are substantially equal in width to said spacers.

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The frame according to any one of claims 1 to 3, wherein said spacers 18. provide support for mounting cable routing fixtures.

The frame according to any one of claims 1 to 3, wherein said frame 19. elements are made from a material selected from the group consisting of metal, fiberglass and composites.

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The frame according to any one of claims 1 to 3, wherein said frame 20. elements are made from aluminum or titanium plate.

The frame according to any one of claims 1 to 3, wherein said frame 21. elements comprise elongated slots or drill holes to reduce overall weight.

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The frame according to any one of claims 1 to 3, wherein said 22. swingarm assembly further supports a gearing means and braking means.

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The frame according to any one of claims 1 to 3, wherein said frame is 23. Y-shaped in side profile.

The frame according to any one of claims 1 to 3, wherein the two 24. spaced frame elements are generally planar.

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25. A method of forming a central load bearing assembly which has spaced apart frame elements, the frame elements providing for a first attachment point for a swingarm assembly, an attachment point for a headset, an attachment point for a tail block and an attachment point for a crank bracket, the method comprising folding a blank having two opposed frame elements interconnected by a web where the blank is folded along the web to provide spaced-apart opposed frame elements interconnected by an integral spine formed by said web.

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